

Western States Training Conference

Las Vegas, Nevada
Law Enforcement
and Fire Science Training Classes

November 26-November 30, 2018 & December 3-7, 2018

Course Name	Seminar ID #	Start	End	Fee
Forensic Pathology for Investigators	15679	Nov 26	Nov 27	\$350
Smartphone Forensics and Cellular Technology Certification +SMART	15677	Nov 26	Nov 30	\$695
Kinesic Interview Phase I & II	15678	Nov 26	Nov 30	\$550
Detective & New Criminal Investigator	15681	Nov 26	Nov 30	\$550
Internal Affairs Conference & Certification	15676	Nov 26	Nov 30	\$625
Investigation of Childhood Injury and Death	15680	Nov 28	Nov 29	\$350
School Violence, Safety & Security Conference	15682	Nov 28	Nov 30	\$375

Death and Homicide Conference	15685	Dec 3	Dec 7	\$575
Use of Force	15686	Dec 3	Dec 7	\$575
Hostage/Crisis Negotiations Phase I & II	15683	Dec 3	Dec 7	\$575
New Fire and Arson Investigator Academy	15684	Dec 3	Dec 7	\$550
Court Security	15688	Dec 3	Dec 5	\$375
First Line Supervision: Leadership and Management Skills	15687	Dec 5	Dec 7	\$375

~ 2 WAYS TO REGISTER ~

Online: www.patc.com - Follow the Eagle!

Phone: 1-800-365-0119 - Our representatives will gladly assist you

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Fax: 317-821-5096

Email: questions@patc.com

Visit us on the Web at:

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August 28 & 29, 2018 • Columbus, Ohio

Public Agency Training Council

Mark Waterfill, President



National Criminal Justice
Public Safety Continuing Education

Sponsored By:

Columbus Police Department

Columbus, Ohio

Training Seminar

Stress Management in Law Enforcement

Instructor:

Lisa E. Grossman, Ph.D., ATC, BCB

Lisa Grossman is an expert in peak performance training and mental skills development with extensive experience working with military and law enforcement agencies, healthcare providers, combat/wounded veterans, corporate executives, and professional athletes.

In addition to providing training and consulting services through private practice in Jacksonville FL, Dr. Grossman serves as an adjunct faculty member at St. Johns River State College's Criminal Justice Academy. As an instructor, she teaches FDLE advanced courses in Stress Management and Responding to Veterans to law enforcement officers from around the state as well as oversees the health and wellness curriculum development and instructor certification.

She has served as the Peak Performance Center Director at Wounded Warrior Project's TRACK Program where she provided mental skills training to wounded veterans transitioning into civilian life while combatting PTSD, TBI, and other injuries sustained. Over the years, she has offered her knowledge and expertise in biofeedback training to develop educational and training protocols for the US Army's Center for Enhanced Performance as well as for a biofeedback company where she is currently serving as the Clinical Program Director. Lisa Grossman was awarded a Doctoral Degree in Educational Psychology from Florida State University where she specialized in Performance Psychology, is a Board Certified Athletic Trainer with the National Athletic Trainers' Association, and is Board Certified in Biofeedback by the Biofeedback Certification International Alliance.

Dr. Grossman's work targets the core of self-awareness and self-regulation, helping each client develop and enhance themselves in order to perform optimally in any environment, despite any challenges they may face.

August 28 & 29, 2018

Columbus, Ohio

Register On-Line At: www.patc.com

Stress Management in Law Enforcement

Course Objectives:

The Stress Management in Law Enforcement class provides police officers the education, training, and tools necessary to achieve optimal performance and sustain it for a safe, long and healthy career. Participants will gain an understanding of WHAT stress is and will be introduced to the stress-performance relationship and its impact on one’s physiological, mental, and emotional state. Further, training will provide police officers a greater insight into how stress immediately impacts cognitive function (especially during critical incidents) such as the decision-making process and level of attention, both critical components of law enforcement.

Through the knowledge gained in the class and applied biofeedback training, officers will gain new skills to regulate the stress response on command. In addition, police officers will complete a Stress Management Continued Care Plan which can help participants gain a range of benefits impacted by stress such as lower resting heart and blood pressure, decreased muscle tension, improved immune function and ability to fight illness, improved cognitive function (i.e. faster and more accurate decision making skills, improved analytical processing, and improved memory), improved emotional state and a reduction in cumulative PTSD, decreased frustration/anger and overall improved wellness. Officers completing the course will gain immediate take-aways for improved sleep, work-life balance, and more critically, enhanced function for a safe and long career in law enforcement.

Upon course completion, police officers will be able to:

- Focus and concentrate with sharpness amongst distractions
- Learn to achieve an optimal state of activation depending on the situation
- Realize a heightened level of self-awareness
- Self-Regulate more effectively and efficiently in order to achieve maximum performance and sustain it
- Be more resilient in high stress, high pressure situations, over longer periods of time
- Make better instinctive and intuitive decisions
- Learn to regulate stress on command and decrease the potential for “reacting” and rely more on “acting” (i.e. shoot/don’t shoot)
- Enhance their overall physical, mental and emotional wellness
- Sleep with more ease and achieve a better work-life balance
- Reduce the effects of cumulative PTSD

Seminar Agenda Stress Management in Law Enforcement August 28 & 29, 2018 • Columbus, Ohio

Tuesday, August 28, 2018

8:00 a.m.—8:30 a.m.

Registration

8:30 a.m.—10:30 a.m.

Orientation to Stress Management

- Introduction to stress management
- The impact of stress on the brain and body
- Cognitive changes due to stress
- Stress and critical response

10:30 a.m.—12:00 p.m.

Assessments

- Stress profile
- Stress and burnout
- Perceived stress
- Stress scale
- Personality and stress

12:00 p.m.—1:00 p.m.

Lunch (On Your Own)

1:00 p.m.—5:00 p.m.

Personal Stress Management Techniques

- Self-awareness and self-regulation
- Introduction to coherence breathing for immediate shutdown and achieving peak performance in critical incident
- Mental skills training for high stress (adaptive thinking techniques, combating cumulative PTSD, and imagery for performance enhancement)

Wednesday, August 29, 2018

8:00 a.m.—11:00 a.m.

Role of Nutrition

- Nutrition self-assessment and meal plan to combat stress
- Nutrition, my pyramid, food that counteract stress

11:00 a.m.—12:00 p.m.

Physical Fitness in Managing Stress

- Mind-body connection
- Effects of PT on the mind and body
- Using stretching to release "good" chemicals,
- General health & cardiovascular health for LEOs,
- PT assessment and activities

12:00 p.m.—1:00 p.m.

Lunch (On Your Own)

1:00 p.m.—4:00 p.m.

Stress Relief Techniques

- Mindfulness training,
- Progressive muscle relaxation,
- Biofeedback training (in-class demonstration and activities),
- Guided imagery assessment and developing scripts for mental rehearsal/simulation/ preparation
- Case study and critical incident case review

4:00 p.m.—5:00 p.m.

Stress Management Continued Care Plan

5:00 p.m.

Certificate Presentation

Cut Along Dotted Line

3 Ways to Register for a Seminar!

1. **Register Online** at www.patc.com — Yellow link upper left corner
2. **Fax Form** to Public Agency Training Council **FAX: 1-317-821-5096**
3. **Mail Form** to

Public Agency Training Council
5235 Decatur Blvd
Indianapolis, Indiana 46241

***NEW**

Federal ID# 47-4078912

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***** Pre-payment is not required to register *****

Upon receiving your registration we will send an invoice to the department or agency .

Checks, Claim Forms, Purchase Orders should be made payable to:

Public Agency Training Council

If you have any questions please call

317-821-5085 (Indianapolis)

800-365-0119 (Outside Indianapolis)



Seminar Title:	Stress Management in Law Enforcement	Seminar ID #15804
Instructor:	Lisa Grossman	
Seminar Location:	Columbus, Ohio Division of Police Training Academy 1000 North Hague Avenue Columbus, Ohio 43204-2121	
When:	August 28 & 29, 2018	Note: To receive discount room rates, identify yourself with Columbus Police Training
Registration Time:	8:00 A.M. (August 28, 2018)	
Hotel Reservations:	Drury Inn 88 East Nationwide Blvd Columbus, Ohio 43215 1-614-221-7008 \$88.00 Single or Double (plus tax)	
Registration Fee:	\$295.00 Includes Stress Management in Law Enforcement Course Material, Coffee Breaks, and Certificate of Completion.	

Names of Attendees 1. _____

2. _____

3. _____

4. _____

Agency _____

Invoice To Attn: _____
(Must Be Completed)

Address _____

City _____ **State** ____ **Zip** _____

Email _____

Phone _____

Fax _____